

# FORGING THE FUTURE:



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## Friday FACTS

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29 June 2001

"Leadership, Partnership, and Championship"

### To HP Coordinators:

It is that time again to submit your budget requests for FY-02. As we have each year, we will be funding to the level which you submit. If possible, please submit a report of what your command HP funds have been used for in FY-01

The latest guidance from BUMED indicates that future funding levels will be associated with process and outcome metrics. Metrics are recommended for FY-02 planning and will be required for FY-03 funding requests.



Funding priority will be given to budgets and justifications submitted. Send Budget requests to [mckayd@nehc.med.navy.mil](mailto:mckayd@nehc.med.navy.mil) Due date is 11 July by COB

### National Therapeutic Recreation Week

The purpose of National Therapeutic Recreation Week is to enhance public awareness of therapeutic recreation programs and services, and expand recreation and leisure opportunities for individuals with disabilities.



National Therapeutic Recreation Week, which was established by the National Therapeutic Recreation Society, has been celebrated during the second week of July every year since 1984. Each year, NTRS selects a theme and develops special promotional products to help agencies observe the celebration.

This year's theme is "Therapeutic Recreation - Examine the Possibilities." The 2001 theme aims to educate internal and external audiences about the importance of therapeutic recreation to the quality of life and well-being of persons with disabilities. For more information visit: <http://www.nrpa.org>

### Spit Tobacco: Does smokeless mean harmless?

If you think spit tobacco won't hurt you, chew on this. One pinch held between your cheek and gum for 30 minutes puts the same amount of nicotine in your body as if you smoked three cigarettes. Your body also absorbs several toxic chemicals including arsenic and formaldehyde.

Spit tobacco — also known as chew, snuff or dip — causes cancer. Each year, between 10 million and 16 million Americans put their health at risk by using spit tobacco. The risk of developing oral cancer for long-term spit tobacco users is as much as 50 times higher than for non-users.

Tobacco companies have coined the term *smokeless tobacco*, which implies to some that it's less harmful and addictive than cigarettes. This might make an already dangerous product sound safer and more acceptable than other tobacco products. To read more on this subject visit <http://www.mayoclinic.com/home?id=CA00019>



"The shortest and surest way to live with honor in the world is to be in reality what we would appear to be; all human virtues increase and strengthen themselves by the practice and experience of them." - Socrates